

GRADE 1 MATH



WORKBOOK



Addition Matrix, Addition Tables,
Mixed Number Addition,
Minute Drills, Subtraction,
Skip Count and other Math Worksheets



Fill in the Blanks

$5 + \square = 5$	$6 + \square =$
$8 + \square = 9$	$3 + \square =$
$2 + \square = 7$	$2 + \square =$
$6 + \square = 10$	$3 + \square =$
$5 + \square = 8$	$1 + \square =$

ADDITION WORKSHEET

$1 + 1$	$1 + 2$	$1 + 3$	$1 + 4$	$1 + 5$
$2 + 1$	$2 + 2$	$2 + 3$	$2 + 4$	$2 + 5$
$3 + 1$	$3 + 2$	$3 + 3$	$3 + 4$	$3 + 5$
$4 + 1$	$4 + 2$	$4 + 3$	$4 + 4$	$4 + 5$
$5 + 1$	$5 + 2$	$5 + 3$	$5 + 4$	$5 + 5$



MIXED ADDITION AND SUBTRACTION

$1 + 1$	$2 + 1$	$3 + 1$
$4 + 1$	$5 + 1$	$6 + 1$
$7 + 1$	$8 + 1$	$9 + 1$
$10 + 1$	$11 + 1$	$12 + 1$

MIXED ADDITION WORKSHEET

$1 + 1$	$2 + 1$
$3 + 1$	$4 + 1$
$5 + 1$	$6 + 1$
$7 + 1$	$8 + 1$
$9 + 1$	$10 + 1$
$11 + 1$	$12 + 1$
$13 + 1$	$14 + 1$
$15 + 1$	$16 + 1$
$17 + 1$	$18 + 1$
$19 + 1$	$20 + 1$

COUNT BY 2

Write in the numbers.
Skip count by 2.

10	20	30	40	50
60	70	80	90	100
110	120	130	140	150
160	170	180	190	200

ADDITION WORKSHEET

$1 + 1$	$2 + 1$	$3 + 1$
$4 + 1$	$5 + 1$	$6 + 1$
$7 + 1$	$8 + 1$	$9 + 1$
$10 + 1$	$11 + 1$	$12 + 1$

COUNT BY 5

Write in the numbers.
Skip count by 5.

10	20	30	40	50
60	70	80	90	100
110	120	130	140	150
160	170	180	190	200

MATH WORKSHEET

MENTAL MATH

NUMBER	10 TIMES	100 TIMES	1000 TIMES	10000 TIMES
123				
456				
789				
101				
234				
567				
890				

120 WORKSHEETS

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diese erfolgt mit speziellen abführmitteln wie glaubersalz und einläufen der darm wird so vollständig entleert die perfekte voraussetzung für den aufbau der darmflora im zweiten schritt wird der darm von schädlichen keimen befreit dazu zählen vor allem pilze die sich im darm ausbreiten und beschwerden verursachen

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die darmreinigung in der schulmedizin eine definition in der schulmedizinische praxis wird der darm aber insbesondere als vorbereitung auf untersuchungen oder operationen gereinigt hierzu führt der patient mit einem abführmittel laxans ab

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um die darmflora wieder aufzubauen kann eine darmreinigung gefolgt von einer darmsanierung natürlich helfen mit einer guten vorbereitung kann man eine darmreinigung selber zuhause machen hochwertige mikrobiologische präparate mit ausgewählten bakterienstämmen z b innovall aid können nach einer darmreinigung unterstützend

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